

When a SENIOR Needs Help



The SENIOR GO TO GUIDE is a free
resource guide for national, state
and town/city health services

www.seniorgotoguide.com

Download the print edition: **www.SenatorDuff.cga.ct.gov**
or call my office **1-800-842-1420** to order by mail

**Providing seniors with summaries
and contact info regarding:**

Social Security • Medicare • Health & Wellness
Insurance • Caregivers • Estate Planning • Tax Relief
Transportation • Rehabilitation • Housing
Elder Law • Scams • Energy Assistance
and Much More...



State Senator **Bob Duff**

Representing Norwalk & Darien

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Darien Senior Activities Center

Sources: Darien Senior Center and Dept. of Social Services. From the "Senior GO TO Guide." ©2012 Merrill Anderson Co., Inc., Stratford, CT

PROGRAMS AND SERVICES INCLUDE: Hot lunch served daily (\$4 charge); **Arts Workshops** including Oil, Acrylic Watercolor & Sketching; **Crafts Classes:** Stain Glass, Stone Carving, Knitting & Crocheting, Quilting; **Games:** Bridge, Pinochle, Mahjong, Ping Pong; **Enrichment Classes:** Computer, Italian, French, Spanish, Writing Workshop, Couponing, Health and Wellness Lectures, Historical Series and Financial Information Sessions; **Discussion groups:** Current Events, World Affairs; Short Story Group; **Assortment of Exercise classes** including: Tai Chi, Yoga, Pilates, Sittersize, Ballet, Dance for Health, Jazzercise; Gift shop; Lending library; Woodshop Repair Program **MONTHLY:** Blood Pressure Screening, Caregiver's Educational Support Group, Musical Entertainments and Theme Celebrations.

30 Edgerton Street, Darien, CT
Hours: Mon.–Fri., 9 a.m.–3 p.m.
Closed holidays
203-656-7455
www.darienct.gov

Senior Center Coordinator
Elizabeth Paris
eparis@darienct.gov

Department of Social Services

The staff is available to assist residents by phone, by e-mail, in Town Hall offices or in residents' homes. The agency director is also Municipal Agent for Elderly Persons and serves as liaison with Commission on Aging and other resources and programs serving elderly.

PROGRAMS AND SERVICES INCLUDE: Counseling, Information and Referrals; **A CHOICES trained counselor** to assist with health insurance and Medicare Part D questions; **Health Promotion:** visits by visiting nurse and initial assessments and referrals for home care; **Loan Closet:** free, short-term loans of convalescent equipment; **Household Supply Closet:** augments food pantries with personal and home cleaning supplies, paper goods, etc.; **Financial Assistance (Short term):** to eligible applicants; **Energy Assistance:** to eligible applicants; **Rental Rebates:** for the Elderly and Disabled; **Emergency Support Services:** list of individuals who would require assistance in event of emergency; **Handicapped Parking Permits Applications:** the department publishes a **Senior Resource Directory**, call to have one mailed to you or stop by the office and pick one up.

Town Hall, Room 109
Hours: Mon.–Fri., 8:30 a.m.–4:30 p.m.
or by appointment.
Ph: 203-656-7328
Fax: 203-656-7486

Director
Olive Hauser
203-656-7373
ohauser@darienct.gov

CT Department of Social Services
25 Sigourney Street, Hartford, CT
Toll-Free: 1-800-842-1508
Toll free TDD/TTY line:
1-800-842-4524
http://www.ct.gov/dss

THE COMMUNITY FUND: AGING IN PLACE: It includes senior transportation, referrals to vetted service providers, Friendly Visitors, Shoppers and Drivers. 203-585-4094 or www.aginginplacegallivant.org

SENIOR PASS TO NATIONAL PARKS PROGRAM: \$20 for lifetime pass by mail, \$10 in person.
<http://store.usgs.gov/pass/senior.html>